

Summary of Changes to WIC Food Packages Effective October 1st 2009

■ **Breastfeeding Promotion:**

- ✓ Fully breastfeeding mothers receive the most variety, largest quantity of food and a \$10 cash value voucher for fruits and vegetables.
- ✓ Fully breastfed infants (6 - 12 months) receive baby food meats and larger quantities of baby food fruits and vegetables.

■ **Addition of:**

- ✓ Cash Voucher for Fresh and Frozen Fruits and Vegetables.
- ✓ Baby Food - Vegetables and Fruits (> 6 months). Meats for Fully Breastfed Infants.
- ✓ Milk substitutes (cheese, soy beverage, and tofu, issued if meets criteria).
- ✓ Canned legumes/beans.
- ✓ Canned Fish (Tuna, Pink Salmon, and Sardines) for Breastfeeding Mothers.
- ✓ Whole Grain Products (cereals, bread, tortillas, and brown rice).

■ **Reduction in:**

- ✓ Infant Formula Amounts.
- ✓ Eggs, Milk and Juice.

■ **Elimination of:**

- ✓ Juice for infants.
- ✓ Cereal for infants (4 - 5 months old).

